



DAVIS COUNTY HEALTH DEPARTMENT

Mailing Address:
PO Box 618
Farmington, Utah 84025

For Immediate Release:
Friday, November 8, 2013
DCHD NR 2013-018

Contact:
Bob Ballew
Public Information Officer
Office: (801) 525-5175
Cell: (801) 510-5710

Administration

Lewis R. Garrett, M.P.H.
Director of Health
Brian E. Hatch,
M.P.H., E.H.S.
Deputy Director
22 South State Street
Clearfield, UT 84015

Environmental Health Services Division

David W. Spence,
M.B.A., E.H.S.
Division Director
22 South State Street
Clearfield, UT 84015

Family Health & Senior Services Division

Kristy Cottrell,
M.P.A., R.N.
Division Director
22 South State Street
Clearfield, UT 84015

Communicable Disease & Epidemiology Division

Wendy Garcia, R.N.
Division Director
22 South State Street
Clearfield, UT 84015

Community Health Division

Ivy Melton Sales,
M.B.A., C.H.E.S.
Division Director
22 South State Street
Clearfield, UT 84015

News Release

Caregiver Month Activities Hosted

(Clearfield, Utah) – Davis County Health Department's Senior Services hosts three events to recognize family caregivers during November for National Caregiver Appreciation Month.

Caregiver rejuvenation events will be held at all three county senior activity centers as a thank you to the caregivers. During these events, caregivers can come and enjoy different kinds of pampering activities.

On Tuesday, Nov. 19, Golden Years Senior Activity Center (726 S. 100 E., Bountiful) holds an event from 10 a.m. to noon. Caregivers also are invited to attend a Zumba class at the center from 9:30 to 10:30 a.m. and a Tai Chi class from 10:30 to 11:30 a.m.

North Davis Senior Activity Center (42 S. State St., Clearfield) holds pampering activities on Wednesday, Nov. 20, from 10 a.m. to noon.

Autumn Glow Senior Activity Center (81 E. Center St., Kaysville) offers an event on Thursday, Nov. 21, from 10 a.m. to noon. Also, caregivers are invited to attend a Tai Chi class from 9:45 to 10:15 a.m.

For more information, contact Megan Forbush at (801) 525-5088.

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